



Music that Matters for Infants and Toddlers: **Songs for Security and Stepping Out**

Beautiful Baby, Wonderful Child: Songs for Infants

The themes of attachment, initiative and self-regulation are critical to the optimal development of the child.

Attachment/Relationships- We celebrate the miracle bond between caregiver and infant. The infant's main task is to securely attach to a loving adult.

- **Mutual Gaze:** The "mutual gaze" establishes a strong emotional communication between mother (and other responsive caregivers) and infant. Research is just beginning to document the importance of these encounters to the developing brain. The soothing, rich melodies from *Beautiful Baby, Wonderful Child* encourage us to extend and enjoy these moments with our infants that so strongly build mutual attachment.
- **Temperament and Goodness of Fit:** As caregivers and parents, we must examine our own temperaments, as well as acknowledge the temperaments of each child, in order to promote secure attachment and its many benefits.
- **Mutual Regulation:** The process which infant and caregiver communicate emotional states to each other and respond appropriately.

Emerging Initiative- Recognizing your infant or toddler's emerging initiative is important. The courage to explore the world around them vs. the assurance of their secure attachment to us are the competing motives they experience as they develop. We must be able to tune into their changing emotional states and needs. Songs like "We Fit" and "I Want Some More - I've Had Enough" remind us of the sometimes subtle cues that children give when they need more or have had enough stimulation.

Self-Regulation- A toddler's ability to begin to control the intensity and duration of their own emotional states through their emotional communication with us is a major early milestone of self-regulation. These songs also focus on the beginning of "joint attention" in which the child discovers the possibilities of shared experiences with us.

Becoming My Own Me: Songs that Celebrate the Developing Toddler

As the toddler grows and develops increased self-regulation, we celebrate the emergence of the child's sense of self. Participants will learn about the three major things happening during the child's second year including:

- **Self-awareness/Regulation**
 - Body awareness (potty training, gross and fine motor skills, imitation)
 - Sensation awareness
 - Categorical self
 - Self-control
- **Awareness of others**
 - Sense of right and wrong
 - Limits
- **Language explosion**

Each of these milestones have multiple components but are all partially the result of two fundamental achievements in brain development, namely, the activation of the corpus callosum and the development of the prefrontal cortex. The result is the emergence of many new psychological abilities and behaviors related to increased integration of the two hemispheres.



BEAUTIFUL BABY, WONDERFUL CHILD:

- 1) Beautiful Baby, Wonderful Child (based on Bach's "Prelude in C")
- 2) 1x2x3x4x5
- 3) A Blessing
- 4) We Fit
- 5) Play Little Paddy Cake
- 6) I've Had Enough - I Want Some More
- 7) Look at Me
- 8) Round and Round
- 9) Stars and Fireflies
- 10) Bea-u-ti-ful, Won-der-ful
- (Bonus Songs)*
- 11) I've Got Two
- 12) Every Time I Look at You
- 13) A Kiss in My Pocket
- (Music for Soothing & Sleeping)*
- 14) Beautiful Baby, Wonderful Child Lullaby
- 15) A Blessing Lullaby
- 16) C.A.R.E. Lullaby

BECOMING MY OWN ME:

- 1) Becoming My Own Me
- 2) I'm Walking, I'm Talking
- 3) The Poop Song
- 4) I'm Wearing Underwear
- 5) The Five Senses
- 6) I Use My Words
- 7) Big, Strong, Smart, Wonderful Me
- 8) Different Ways to Play
- 9) Gentle Heart and Hands
- 10) I Love My Shoes
- 11) No Is a Wonderful Word
- 12) The Toddler's Creed
- 13) Sleeping, Waking, Marching, Skating
- 14) Hands Up, Hands Down
- 15) Self Control (Toddler Version)